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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-38)//
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2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(940311)-Lifesaving Corpsman Soars to Great Heights
(940312)-Sailors, Marines Give Blood
(940313)-Cubans Lend Helping Hand to Construction Crews
(940314)-CHAMPUS Explains Billing Limits for Providers of Care
(940315)-Navy Medical Department People Involved in Operations
(940316)-HEALTHWATCH: Saliva Spots Problems

HEADLINE: Lifesaving Corpsman Soars to Great Heights

USNH Yokosuka, Japan (NSMN) -- HM3 Shane Cadlolo, stationed
at the Iwakuni Branch Medical Clinic, learned to rappel (jump off
cliffs or out of helicopters using ropes) because he was afraid
of heights.

He was returning to Japan 22 September 1994 after attending
rappel school in the States when, 30,000 feet high in the sky
over the Pacific, someone on Northwest Flight 25 from Los Angeles
to Kansai became sick -- violently sick.

"We were two hours out of L.A. when there was a general
announcement on the P.A.," said Cadlolo. "'Is there a doctor on
board?' I went up to the front and told them, 'I'm not a doctor,
but I'm an EMT. Can I help out?'"

A Japanese woman -- one of a party of 15 -- was severely ill
and needed help.

Cadlolo evaluated the situation. "She was real feverish,"
he said. "She'd been vomiting. She was sweating. She wasn't
unconscious, but she was incoherent. She had been complaining of
joint pain."

He raised the possibility that she might have "the bends" --
decompression sickness caused by nitrogen bubbles forming in the
body, usually when divers surface too quickly. Patients with the
bends, so named for the way it doubles them over with pain, can

die if not properly treated.

With help from one of the flight attendants who spoke Japanese, Cadlolo was able to learn that the group of 15 had been diving together in relatively deep waters off the coast of Mexico 24 hours earlier. Ironically, Cadlolo had become a certified diver only weeks before.

"We gave her oxygen and took her to a place to lie flat, so the nitrogen bubbles would shrink and not end up in her heart or brain," said Cadlolo. "We monitored her vital signs, and that was about it."

The Northwest crew contact the Mayo Clinic, standard procedure in a medical emergency, and presented them with all the information Cadlolo had learned, including the patient's vital signs. Mayo confirmed the likely diagnosis -- the bends -- and advised the 747 to turn back to the continental United States.

When the plane landed in Seattle, paramedics boarded and a decision was made to take the entire 15-member party of divers off the plane. Suddenly, another diver became ill and started experiencing convulsions.

Thanks to Cadlolo's fast and knowledgeable assistance, at least two lives may have been saved.

After a few hours in Seattle, the flight was resumed. An attendant told Cadlolo that the patients were taken to a decompression chamber. If he hadn't correctly evaluated the patient and taken action on that evaluation, there could have been more serious complications. The plane had yet to climb an additional 9,000 feet.

Cadlolo has been in the Navy since June 1988. He served at Camp Pendleton, CA, and attended Naval Air Crew Candidate School in Pensacola, FL, before coming to Iwakuni Branch Medical Clinic. The clinic, part of U.S. Naval Hospital Yokosuka, is located at Marine Corps Air Station Iwakuni, near Hiroshima in Yamaguchi Prefecture, Japan.

At Iwakuni, Cadlolo trained in Search and Rescue and earned his Naval Aircrew wings and Search and Rescue NEC (enlisted specialty) in early 1993.

As a Search and Rescue corpsman, he often hangs out the door of a hovering helicopter or allows himself to be lowered by rope to help injured victims. Now, thanks to rappel school, he's also trained to leap off cliffs or sides of buildings.

He's a hero to an anonymous group of Japanese divers, and, it's safe to say, he's no longer afraid of heights.

Story by Bill Doughty

-USN-

HEADLINE: Sailors, Marines Give Blood

USS Guam (NSMN) -- When Sailors and Marines make a port visit overseas, they sometimes require vaccinations or medications which will preclude them from donating blood when they return to the United States. Service members aboard USS Guam (LPH 9) were told that a visit to Mombasa, Kenya, meant just that.

But that didn't prevent more than 70 Guam Sailors and embarked Marines from proving they're "good to the last drop."

Upon arrival, CDR C.M. Hunt Jr., medical officer for Commander Amphibious Squadron 2, contacted Mombasa Hospital Patient Care facility and made arrangements for the medical personnel to come aboard and collect the blood.

According to Hunt, who is also the officer in charge of Fleet Surgical Team 6, the blood supply in Kenya is critically low. Hunt said he toured the 150-bed hospital and knew they needed blood when he saw their blood bank contained only five units. He attributes the severe shortage of blood to a lack of qualified donors.

"In Kenya," said Hunt, "they cannot accept blood from a fairly large portion of their population because of the prevalence of malaria and HIV, estimated to be as high as 20 percent."

The hospital relies entirely on volunteers for its blood supply, so when a United States ship is in port, the crew is frequently called upon to donate blood.

The hospital staff was very pleased with the turnout. According to A.B. Modha, the Mombasa hospital's laboratory superintendent, they were hoping to collect 50 units. But the Marines and Sailors aboard Guam came through by donating 71 units. The blood collected on board the ship would relieve the burden on the blood bank for as long as six months. Even Hunt was impressed by the turnout.

"I was overwhelmed. I had no idea we'd have that many donors, particularly when two-thirds of the ship's complement were on liberty."

LT Timothy R. Quiner, the ship's medical officer, was responsible for coordinating the shipboard effort, getting the word out and ensuring supplies, such as needles and bags, were available. Quiner said the amount of blood collected used all of the hospital's blood storage and processing resources.

Hunt said the blood would be used at three separate hospitals.

Making the extra effort and thinking little of it is just the way things are done aboard Guam.

"The people who donated blood performed an extremely valuable service to the people of Kenya," said Hunt.

Story by JO2 Douglas M. Scherer

Reprinted from The Flagship, 1 September 1994

-USN-

HEADLINE: Cubans Lend Helping Hand to Construction Crews

JTF-160, Guantanamo Bay, Cuba (NSMN) -- With nearly 30,000 Cubans on base, construction to house them and improve the quality of life is an on-going effort.

Many of the Cubans here are finding that by giving the construction crews a hand, it helps pass the time and gets their minds off other things.

"I started helping to get out of the camp, to give me something to do and try to keep from worrying about my family back in Cuba all the time," said Alexander Delgado Sotomayor, a 21-year-old migrant living in a camp on the gold course.

Sotomayor has been here since 23 August and has been helping

a crew of Combat Service Support Division-61 Marines, out of Camp Lejeune, put together portable toilets for the past nine days.

SGT Andrew Clern, CSSD-61, expressed his feelings about working side-by-side with the 15 Cubans helping him and his Marines.

"It's different, and a lot of fun," he said. "We teach each other words while we are working and pick up different things from one another. We have an excellent working relationship. One of them told me that if the rest of the camps got along as well as we did there would be no reason for fences at any of the camps."

Sotomayor, who left communist Cuba in the hopes of making it to the United States, says he is not happy about being here but doesn't feel bitter about it either. After only a brief pause to think, he echoed Clern's feelings about their relationship.

"It feels great working with the Marines," Sotomayor said. "They treat us well and we treat them well. It feels like we're brothers."

However, when he is not working, Sotomayor says he feels locked up and is bored with nothing to do. And because he came here alone and still has family in Cuba, he thinks and worries about them a lot.

According to Clern, this is the best reason for letting the Cubans help contribute to the construction they are doing.

"The best thing about it is, it's helping them out," he said. "It keeps them occupied for a few hours a day, and helps them cope with the surrounding and adjust to being here."

"It's a great honor to be able to help these people."

Story by CPL Jim Davis, Joint Task Force-160

Reprinted from Marine Corps News 40-94 of 30 September 1994

-USN-

HEADLINE: CHAMPUS Explains Billing Limits for Providers of Care
OCHAMPUS Aurora, CO (NSMN) -- Certain providers of health care services under CHAMPUS won't be bound by the recently announced limits on how much non-participating providers can charge CHAMPUS patients.

Exempted from the billing limitations are: pharmacies, ambulance companies, independent labs and X-ray companies, durable medical equipment and medical supply companies, and portable X-ray companies.

The new rules about how much CHAMPUS patients can be billed went into effect 1 November 1993. Providers who treat CHAMPUS patients, but who don't participate in CHAMPUS, may not bill CHAMPUS patients more than 15 percent above the CHAMPUS allowable charge for any services they render.

The billing limits were enacted in the 1993 Department of Defense Appropriations Act. Health care providers who charge more than the prescribed limits may have their authorization to provide care to CHAMPUS patients withdrawn.

Story by the Office of Civilian Health and Medical Program of the Uniformed Services, Public Affairs Branch (News Release 94-11/P10 of 27 September 1994)

-USN-

HEADLINE: Navy Medical Department People Involved in Operations
BUMED Washington (NSMN) -- Wherever the Navy or Marine Corps goes, so does the Navy Medical Department. Thirty percent of our personnel are normally assigned with deployable fleet and fleet marine forces units. Additional medical support is provided for operations such as Provide Promise in Zagreb. These men and women are on duty around the globe. Here is the latest update on where are medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Sea Signal

Total medical/dental personnel (including hospital ship personnel): 261 (includes 104 BUMED augmentees)

The Navy Medical Department is still in full support of Operation Sea Signal, although the hospital ship USNS Comfort (T-AH 20) is scheduled to be back in Baltimore about 14 October. Thirteen physicians, five nurses, two Medical Service Corps officers and 84 hospital corpsman are still deployed at the Naval Hospital and Naval Station located on Guantanamo Bay, providing medical treatment for around 30,000 migrants, in addition to providing medical support to many afloat platforms. Also, seven EPMU (Environmental and Preventive Medicine Unit) people are in Panama.

Operation Southern Watch

Total medical/dental personnel: 172 (includes six BUMED augmentees)

USS Tripoli (LPH 10) ARG: The Amphibious Ready Group (ARG) has 38 ward beds, five operating rooms, two intensive care beds, seven quiet room beds, 400 overflow beds and has a medical/dental staff of 126.

In Country: Attached with the Administrative Support Unit Bahrain are four physicians, one dentist, three nurses, five MSC officers, 28 corpsmen and three dental technicians. BUMED also provides one corpsman to augment the COMUSNAVCENT staff, which is located adjacent to ASU Bahrain.

Operation Provide Promise

Total medical/dental personnel: 237 (includes 181 BUMED augmentees)

CDR John Coyne, MSC, has replaced LCDR Gail Regan, MSC, at Camp Pleso, Zagreb, Croatia, as the Force Hygiene Officer for the United Nations Protection Force located in country.

A total of 280 personnel assigned to Fleet Hospital 5, including 197 medical people, staff the U.N. Hospital located at Camp Pleso. Medical personnel were taken from Navy Medical commands located throughout the Healthcare Support Office Norfolk region.

Operation Joint Task Force Full Accounting

Navy physicians and independent duty corpsmen are supporting this operation by volunteering to serve tours ranging from just under two weeks to two months. Naval Medical Clinic Pearl Harbor is providing a Physician Assistant to augment the mission currently in country. Eight of the nine missions to Southeast Asia identified for FY94 have been completed.

Exercise Support

Individuals and components of mobile medical augmentation readiness teams (MMARTs) support various exercises/operations as required, bolstering the "organic" medical assets of the units involved.

Surgical Team 6: Fifteen personnel -- two physicians, one MSC, three nurses and nine corpsmen from Naval Hospital Charleston, SC, are providing MMART surgical team coverage for an ongoing operation.

Fleet Surgical Teams are also deployed to provide additional medical support where needed, as directed by the CINCs.

Miscellaneous OCONUS and Fleet Support
Providing TAD (temporary additional duty) support to 11 fleet platforms and three OCONUS facilities are 19 Navy Medical Department personnel: Seven physicians, three nurses, one MSC, seven hospital corpsmen and one dental technician.

-USN-

HEADLINE: HEALTHWATCH: Saliva Spots Problems

NDC North Island, CA (NSMN) -- Saliva is good for more than just sealing envelopes. It also is useful in determining your chances of developing cavities, to monitor drugs and hormones in the body, and to screen for HIV and hepatitis, according to the Academy of General Dentistry.

"Saliva can provide a simple, effective way to detect a variety of health problems," says Dr. Luke Matranga, spokesman for the Academy.

For example, bacteria continually sloughs off teeth and gums, mixing with saliva. By analyzing the amount of cavity-causing bacteria in saliva, dentists can identify children at high risk for developing cavities in teeth crowns and adults susceptible to cavities in teeth roots, Matranga said. Studies also have shown that hormones and drugs can be detected in saliva.

"Traditionally, doctors have used samples of a patient's blood to monitor hormones and drugs," Matranga said. Researchers have detected the antibody to HIV in saliva. Salivary monitoring also has been used to detect rubella and hepatitis A and B infection.

In addition, saliva can indicate signs of marijuana smoking and cocaine use, and can be analyzed to determine alcohol concentration in the body.

Story by CDR Pete Myers, who works at the North Island Dental Clinic; Story reprinted from The Compass, 12 August 1994

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3. Two-month calendar of events:

OCTOBER

Child Health Month (708/981-7871)
Family Health Month (1 800 274-2237)
National Breast Cancer Awareness Month
Disability Employment Awareness Month
Lupus Awareness Month (1 800 558-0121 or 301/670-9292)
National Dental Hygiene Month
National Family Sexuality Education Month (212/541-7800)

National Liver Awareness Month (1 800 223-0179 or 201/256-2550)
 National Physical Therapy Month (703/706-3218)
 Consumer Information Month
 Talk About Prescriptions Month
 Auto Battery Safety Month (1 800 331-2020)
 9-15 October: National Osteopathic Medicine Week (1 800 621-1773, ext. 5854, or 312/280-5854)
 9-15 October: Fire Prevention Week (617/984-7270)
 10 October 1845: U.S. Naval Academy founded
 10 October: Columbus Day Observed
 10-16 October: American Heart Association's Heartfest (1 800 AHA-USA1)
 11 October: Transfer/Redesignation Board Convenes
 11-15 October: National School Lunch Week (703/739-3900)
 12 October: Night Detailing until 2200 (eastern time)
 12 October: Disaster Awareness Day
 12 October: Columbus Day
 13 October 1775: Second Continental Congress passes legislation authorizing acquisition of ships and establishment of a Navy
 16 October: World Food Day (202/653-2404)
 16 October 1845: Ether used in operation
 16-22 October: National Character Counts Week
 16-22 October: National Infection Control Week (708/949-6052)
 16-22 October: National Veterinary Technician Week (317/742-2216)
 17 October 1989: San Francisco Bay earthquake, 7.1 on Richter Scale, killed 67 people and caused \$10 billion in damage
 17-21 October: National Medical Assistants' Week (312/899-1500)
 17-22 October: National Patient Accountant Management Week (202/857-1179)
 19 October: National Medical Assistants' Day
 20 October 1944: U.S. troops land on Leyte, Philippines, fulfilling Gen. Douglas MacArthur's promise, "I shall return"
 22 October 1918: "Flu" killed 400,000 Americans
 23-29 October: National Adult Immunization Awareness Week (301/656-0003)
 23-29 October: National Healthcare Quality Week (708/966-9392)
 23-29 October: National Pharmacy Week (202/429-7558)
 24 October: United Nations Day (charter ratified, 1945)
 24 October 1929: Black Thursday -- panicked investors dump more than 13 million shares of stock
 24-30 October: National Pastoral Care Week (314/965-9917, ext. 1395)
 24 October: Reserve O-8 DC Board Convenes
 25 October: Night Detailing until 2200 (eastern time)
 30 October: Daylight-saving time ends -- turn clocks back one hour
 31 October: Halloween
 31 October: National UNICEF Day: Trick-or-Treat for UNICEF (1 800 FOR-KIDS or 212/686-5522)
 31 October - 6 November: National Diabetes Education Week (1 800 338-DMED)

31 October: Reserve O-3, Active Duty O-4 FitReps Due
NOVEMBER

National American Indian Heritage Month
American Heart Disease Prevention Month
Diabetic Eye Disease Awareness Month (1-800-331-2020)
National Diabetes Month (1-800-232-3472)
National Hospice Month (205/934-1932)

1 November: O-7 MC, MSC Boards Convene
1 November 1848: First medical school exclusively for women
opens in Boston with 12 students

4-6 November: Navy Sabbath (703/548-5800)
6-12 November: Patient Education Week (301/948-1863)
6-12 November: National Radiologic Technology Week (505/298-
4500)

7-11 November: Health Care Information and Management Systems
Week (312/664-HIMS)

7-11 November: National Health Information Management Week
(312/787-2672, ext. 264)

7-13 November: National Medical Staff Services Professionals'
Week (615/531-3571)

8 November: Vote! General Election
9 November 1989: Berlin Wall opens after 28 years
9 November 1984: "Three Servicemen" statue unveiled at the
Vietnam Veterans Memorial

10 November 1775: U.S. Marine Corps established
11 November: Veterans Day (Veterans Day has been observed
since 1919, following World War I, when it was known as Armistice
Day. Hostilities ceased in that war at 11 a.m. on 11 November
1918. Since then, people around the world pause each year for a
moment of silence at the 11th hour of the 11th day of the 11th
month.)

13-19 November: Operating Room Nurse Week (303/755-6304, ext.
277)

13-19 November: Education Week
13-19 November: Geography Awareness Week
14-20 November: Children's Book Week
17 November: Great American Smokeout (1-800-ACS-2345)
20 November: Children's Day
21 November: National Hello Day
22 November: O-8 MC Board Convenes
24 November: Thanksgiving
27 November: Hanukkah begins at sundown
27 November - 3 December: National Home Care Week (202/547-
7424)

28 November 1775: Chaplain Corps established
30 November: E-6 Evaluations Due

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4. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS
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